

We're cooking at

THE CUPBOARD



French Dinner for Valentine's Day

Mon., Feb. 1st
6:30-9:00 PM

In this class, we will learn to make a special occasion dinner that is perfect for a Valentine's Day dinner at home: *Pear Tart Blanquettefort*, *Wine Soup*, *Chicken Beaujolais*, *Bell Pepper Rice Pilaf* and *Endive Salad with Walnut Dressing*. A selection of French cheeses and fresh fruit will also be served.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

Mardi Gras Dinner

Wed., Feb. 3rd
6:30-9:00 PM

February marks the time of year in which carnival festivities take place all over the world. In the United States, the best and most celebrated of those festivities happens in the great city of New Orleans. Join us for a Mardi Gras menu of *Grilled Andouille Sausage*, *Red Beans and Rice*, and *Crabmeat Cheesecake with Pecan Crust and Creole Meuniere Sauce*. No carnival celebration is complete without a bit of sugar; our culinary tour to the bayou will end with a classic *Bread Pudding with Bourbon Sauce*.

Instructor: George Gastl. Cost: \$50.00. Limited to 14 students.

Gluten Free Yeast Breads

Wed., Feb. 10th
6:30-9:00 PM

This class will focus on how to make gluten free yeast breads that are just as moist and delicious as their gluten containing cousins. Heather Hein will walk you through each step involved in creating warm, mouth watering breads for use in sandwiches, hamburgers and as a side with soups and stews. *Parmesan Shepherd's Bread*, *Sesame Seed Hamburger Buns* and *Quinoa or Flax Seed Bread* will be served with a delicious vegetable stew to warm your spirit.

Instructor: Heather Hein. Cost: \$55.00. Limited to 14 students.

Fearless Fish

Mon., Feb. 15th
6:30-9:00 PM

Fish is wonderful and truly can be made well without fear! We will prepare four dishes that you can do well at home—in any kitchen: *Peruvian Style Ceviche Classico* (flavors of the Pacific finished in citrus and peppers, very Latin); *Seared Yellowfin Tuna* (crusted and perfect with a variety of sauces); *Snapper Veracruzana* (filets, or prepared whole for a marvelous presentation in a green sauce spiced to your taste); *American Cod Sautéed with Leeks and a Coconut Twist*. Some hands-on instruction will be involved. We'll discuss what fish are safe to eat and which are on environmental watch lists.

Instructor: Gil Hersh. Cost: \$58.00. Limited to 14 students.

At The Cupboard, 152 S. College Avenue, Downtown
970-493-8585 • www.thecupboard.net

Cuban Cooking

Wed., Feb. 17th
6:30-9:00 PM

Pre-Castro Cuba was a country made up of diverse peoples. Many cultures influenced Cuba's fare including African, Spanish and Caribbean. They have all been foundational to Cuba's own culinary evolution and have, with time, adapted to fit the people of this unique island. You will learn to cook a traditional Cuban meal which will include a *Cuban Sandwich* appetizer, *Arroz con Pollo* (Chicken with Yellow Rice), *Mejillones al Vino* (Mussels in Wine Sauce), *Platanos Maduros* (Fried Plantains), *Bananas al Ron con Helado de Mango* (Bananas in Rum with Mango Ice Cream) and *Café Espresso Cubano*.

Instructor: Barbara Trujillo. Cost: \$55.00. Limited to 14 students.

Classic Indian Favorites

Wed., Feb. 24th
6:30-9:00 PM

Indian cuisine, renowned for its exotic flavors, can seem complicated for any newcomer. In this class, you will learn how to simplify the techniques of Indian cuisine without compromising flavor or authenticity. We'll focus on Indian favorites that you may have tasted in restaurants and wanted to learn how to make at home. You will learn about spices commonly used in Indian food as well as shortcuts and adaptations for turning Indian cuisine into an everyday meal. Learn to make *Naan*, the soft leavened bread, from scratch, *Chicken Masala* and *Cilantro-Mint Raita*. Get hands-on experience making *Paneer*, the mild Indian cheese, which we will use to make *Saag Paneer*. The meal will be accompanied by *Basmati Rice*, *Mango Lassi* and *Madras Style Coffee*. Students can take home several spice packets to easily create the dishes at home.

Instructor: Malini Bartels. Cost: \$52.00. Limited to 14 students.

Rediscovering Traditional Winter Fruits and Vegetables

Mon., Mar. 1st
6:30-9:00 PM

Eating seasonally in the winter begins with cold season crops, dried foods and "good keepers"—those unfamiliar (to most of us) crops that used to be stored in root cellars. It is possible to eat more fruits and vegetables this winter without relying on produce shipped halfway around the world! In cold weather, our bodies crave these warming foods. Best of all, they are delicious and easy to prepare. We will make and feast on an assortment of time-honored winter produce using a variety of preparation methods. Our menu will include: *Warm Red Cabbage and Beet Slaw*; *10-Minute Root Vegetables*; *Cider-Glazed Roots with Cinnamon Walnuts*; *Spinach, Mustard Green and Potato Soup*; and *Plumped Dried Fruit with Greek Yogurt*. We will make our own Greek Yogurt.

Instructor: Dianne Moeller. Cost: \$55.00. Limited to 14 students.

A Cordon Bleu Dinner

Wed., Mar. 3rd
6:30-9:00 PM

In this class, Babette will teach you how to make a complete dinner from the famed Cordon Bleu cooking school. There will be *Cream of Tomato Soup with Tarragon* as a starter, followed by *Rack of Lamb with Garlic and Parsley Crust*, *Oven Roasted Ratatouille*, and for dessert, a light *Apple Honey Tart*.

Instructor: Babette Wilson. Cost: \$60.00. Limited to 14 students.

Vietnamese

Mon., Mar. 8th
6:30-9:00 PM

Vietnamese food is always colorful and combines a wealth of flavors. This class will teach you how to make *Crab Meat and Sweet Corn Soup*; *Chicken and Spring Mix Salad*, with recipes for the chicken marinade and the salad dressing; *Original Vietnamese Nems* (shrimp, crab, chicken and pork recipes); *Nem Tasty Sauce*; *Nuoc Cham Sauce*; a surprise dessert.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

Cooking Light

Mon., Mar. 22nd
6:30-9:00 PM

Learn how to prepare a delicious dinner without all the extra calories! For this cooking light class, Babette will be demonstrating how to make *Savory Carrot Terrine with Chervil and Artichoke Purée*, *Chicken and Prawns with Lobster Sauce*, and *Roasted Bananas with Apricot Sauce*.

Instructor: Babette Wilson. Cost: \$60.00. Limited to 14 students.

Luscious Lamb

Wed., Mar. 24th
6:30-9:00 PM

The coming of Spring brings thoughts of lamb, a wonderful and healthful meat—especially when it comes from grass-fed only animals. You can prepare these dishes on the stove or on the grill. We will work with various parts of the leg, loins and rib. There will be four methods shown: *Grilled (or broiled) Leg of Lamb in Mediterranean Style* (Turkish flavors), a North African (Moroccan) dish using different cuts of lamb prepared in a special pot with oranges and cinnamon, *Perfect Rib or Loin Chops*, and *Lamb Shoulder with Garlic and Olive Oil*. Along with the meat, we will prepare Spring veggies, almond rice, couscous and wild rice. You will also learn where to find grass-fed lamb that is not expensive.

Instructor: Gil Hersh. Cost: \$50.00. Limited to 14 students.

Following in Julia's Footsteps, Then and Now

Wed., Mar. 31st
6:30-9:00 PM

Beverly Cox studied at the Cordon Bleu in 1968 and was awarded the coveted Grand Diplome from the always cantankerous Madame Brassart. Let her share her stories and show you how to prepare an excellent dinner: *Ouefs de Farcis au Saumon Fumé* (small deviled eggs with smoked salmon and capers); *Boeuf à la Bourguignonne* (yes, the same recipe featured in the movie Julie and Julia); *La Tarte des Desmoiselles Tatin* (carmelized apple tart) with a crust of *Pâte Brisée*, served with *Crème Chantilly* (whipped cream).

Instructor: Beverly Cox. Cost: \$60.00. Limited to 14 students.

Around the World in 80 Minutes

Wed., Apr. 7th
6:30-9:00 PM

We start our journey in Thailand with *Hot and Sour Soup*. Then we'll move west to India where we'll pick up a *Vegetable Curry*. Our main port of call will be Greece, where we'll have delicious *Greek Meatballs with Tzatziki* (yogurt-cucumber sauce). Our final stop will be France, for some *French Crêpes* for dessert. You will learn to make this low-fat and healthy meal using only locally available ingredients.

Instructor: Sharmila Rajopadhye. Cost: \$52.00. Limited to 14 students.

Moroccan

Mon., Apr. 12th
6:30-9:00 PM

Decipher the language of Moroccan couscous and its exotic and flavorful accompaniments. Learn with ingredients you can find right here in Fort Collins. We'll make *Chick Pea Soup*; *Couscous with Lamb*, *Chicken and Spicy Sausages* (the famous one with over 30 ingredients); *Zucchini Salad*; *Beet Salad*; and a surprise dessert.

Instructor: Bruno Krioussis. Cost: \$59.00. Limited to 14 students.

In Search of the Whole(y) Grain

Mon., Apr. 19th
6:30-9:00 PM

How many kinds of whole grains do you include in your diet on a regular basis? Come and find out what you've been missing! We will discuss, prepare and sample some truly whole grains that have sustained humanity for centuries, and that you're sure to love. We will be using *Barley Primavera*; *Quinoa, Mediterranean Style*; *Kasha with Leeks and Toasted Pecans*; *Wild Rice with Apricots and Almonds*; *Cuccia* (Wheat Berries with Ricotta and Honey, a classic Italian dish). We will make the ricotta cheese.

Instructor: Dianne Moeller. Cost: \$55.00. Limited to 14 students.

Thai Flavors

Wed., Apr. 21st
6:30-9:00 PM

On a recent culinary tour of Thailand, Barb was awed by the bold flavors and clever use of ingredients by the Thai people. She would love to share a few of these easily prepared, authentic dishes that can be easily duplicated at your home. You will fall in love with these healthy, flavor-packed recipes that are simple, yet a complete departure for the adventurous cook: *Cellophane Noodle Salad*, *Pomelo Salad*, *String Beans with Fresh Ginger*, *Thai Greens*, *Grilled Chicken with Hot-Sweet Dipping Sauce and Sticky Rice*, *Satin Custard*, and *Thai Coffee*.

Instructor: Barb Lance. Cost: \$59.00. Limited to 14 students.

Pink and Green (Spring Appetizers)

Tue., Apr. 27th
6:30-9:00 PM

Pink and green are the most evocative colors of Spring appetizers: pink for shrimp, green for chives, artichokes, English peas, and asparagus. Preparing *Poached Shrimp and Creole Rémoulade* will allow us to weigh the merits of wild versus farmed shrimp, fresh versus frozen, and discover a fool-proof technique for poaching shrimp. We'll bake a French *Ginger Shrimp Timbale* served warm with a *Crème Fraiche Chive Sauce*. *Shrimp and Artichoke Gratin* is the perfect way to learn the correct technique for sautéing. Next, we abandon the pink of shrimp for the bright green of *Fresh English Pea Soup*, delicious either hot or cold. The king and queen of green are two asparagus dishes: a quick stir fry with sesame seeds, and the second a sauté with morels, shallots, crème fraiche and Marsala.

Instructor: Susan Lindeborg. Cost: \$55.00. Limited to 14 students.

Pink and Red (Strawberry Desserts)

Wed., Apr. 28th
6:30-9:00 PM

Spring is strawberry season, and time for desserts ranging from pink to bright red. We will begin by discussing issues related to flavor, including size, freshness, packaging and refrigeration. The first use for our berries will be in what I think might be the very best recipe for *American Strawberry Shortcake*. Along the way we will discuss delicious flavorings for macerating the berries, such as liqueurs, vinegars, and extracts. We will make two versions of *Strawberry Tart*, one with an almond crust and apricot glazed berries, and the other with a crunchy chocolate crust filled with a strawberry cream and topped with a strawberry mirror. We will then make a *Strawberry Cloud* using fresh angel food cake and strawberry Bavarian Cream. This is a molded dessert and is served with *Strawberry Coulis*. We will finish with an intensely *Strawberry Ice Cream*, tripling up with chopped berries, jam and essence.

Instructor: Susan Lindeborg. Cost: \$45.00. Limited to 14 students.

Cinco de Mayo

Mon., May 3rd
6:30-9:00 PM

In honor of Cinco de Mayo, we will feast on an easy Mexican-inspired meal. The meal will begin with a refreshing *Chilled Avocado Soup*. While *Tacos of Garlicy Greens and Smoky Chipotle Salsa* may sound trendy, these soft corn tacos from the highlands of Mexico are about as authentic as it gets. We will substitute easy to find chard for the quelites, or wild greens, traditionally used in these knock-out tacos. *Black Bean and Sweet Potato Enchiladas* with homemade *Green Chile Sauce* and *Mexican Coleslaw* burst with the vivid colors and luscious flavors of Mexico. Amaranth, the "Food of the Gods" to the ancient Aztecs, will play the starring role in our delicious dessert, *Amaranth and Date Pudding*.

Instructor: Dianne Moeller. Cost: \$55.00. Limited to 14 students.

Brazilian Cuisine

Wed., May 5th
6:30-9:00 PM

In this class you will learn how to prepare the most famous Brazilian dish, *Feijoada*. It is a black bean stew with meat that is easy to prepare at home. You will also have collard greens, *Farofa* (a dish made with a base of toasted manioc flour) and vinaigrette, all Brazilian-style, as well as rice. For dessert, we will have a banana custard. For preparing the *Feijoada*, you will learn the advantages of using a pressure cooker in your daily cooking. At the end of the class you will be capable of surprising family and friends with fantastic food that is different and not at all hard to prepare.

Instructor: Gloria Picinini. Cost: \$45.00. Limited to 14 students.

"Spring is in the Air" Fish Class

Wed., May 12th
6:30-9:00 PM

Join the crew from Fish with a menu to celebrate Spring: *Crabcakes with Mustard and Dragoncello Dipping Sauce*; *Hazelnut Encrusted Cod with White Wine Reduction Sauce*; *Key Lime Marinated Shrimp*; and a spicy *Salad of Microgreens, Sprouts, Rocket and Seared Softshell Crab*.

Instructor: Mike Reeves. Cost: \$40.00. Limited to 14 students.

CLASS POLICIES

Tickets for each student will be issued during registration. **Tickets are non-refundable** but may be given to a friend in the event you are unable to attend the class. **Payment is due at the time of registration.** *Telephone registrations will be accepted only with payment by credit card at the time of registration.* Tickets will be mailed to those who are registering by phone. All other registrations must be done in person.

Class sizes are limited—we suggest you purchase your tickets early. Each person attending the class must have their own ticket. Our classes are designed for adults. Participants will receive a coupon for a 10% discount on non-electric, non-sale purchases at The Cupboard, expiring two weeks from the night of the class.

ABOUT THE INSTRUCTORS

Malini Bartels grew up cooking traditional Indian food with her mother and cultivated a love for Indian cuisine. Malini learned how to transform complex Indian cuisine into everyday meals using techniques adapted for the American kitchen. She loves the Indian food she grew up with and wants to share it with others who enjoy flavorful dishes and believe in the continual evolution of this multitude of flavors. Malini has a degree in Mechanical Engineering and is now a stay-at-home mom with two kids. In Spring 2009, Malini lent her talents to the stage with OpenStage Theater's production of "Anon(ymous)". She has also been featured in 25 North magazine of Northern Colorado and the 2009 KCOL "Salute to Seniors" of Northern Colorado.

Beverly Cox learned to cook in Paris, where she apprenticed with world-renowned chef Gaston LeNôtre. She has written 13 cookbooks, including *Biscuits, Pancakes, and Quick Breads, Spirit of the Harvest* (which won James Beard and IACP Awards), as well as *Spirit of the West* and *Spirit of the Earth*, the last three coauthored with Martin Jacobs. One of her most recent cookbooks is *Eating Cuban*. She now lives in Colorado with her husband.

Chef **George Gastl** grew up in Laramie, Wyoming. As a young teen he began working in local restaurants. After a short time cooking in these small, local kitchens he had found his passion for food and in life. Since graduating from the Scottsdale Culinary Institute of Arizona in 1992, George has built his expertise by working in kitchens around the United States and abroad. He has held chef positions in Colorado, New Mexico, Louisiana and in Oldenburg, Germany. He brings his zeal for cooking and his love of fresh ingredients to you for an evening of great food and fun at The Cupboard.

Heather Hein is the owner of Silly Yak Solutions, a service to individuals, the community, and local restaurants providing support for the Gluten Free Lifestyle. She has been teaching and cooking gluten free foods in the Fort Collins and Loveland area since 2004. In addition, she teaches local restaurants how to provide safe, gluten free foods to the Celiac community in the Northern Colorado area.

Gil Hersh has always been an amateur cook but for reasons of actual and aesthetic survival, he learned to cook well. Gil was a Peace Corps volunteer in Micronesia (the Central Pacific) on the Island of Yap. He has traveled to many parts of the world and is well versed in the seasoning and preparation methods used in different lands.

Bruno Krioussis is of French origin from the Loire Valley; he settled in Northern Colorado in 2002. A devoted husband and father of two, Bruno flies for the Civil Air Patrol and loves to climb the breath-taking Rocky Mountains. His culinary interest began at age six when he first assisted his mother in their kitchen. He studied in France and Switzerland and first entered the restaurant business in 1981. After moving to Loveland, Bruno made his debut as a popular instructor, personal chef and restaurant owner. He is featured on local television, and continues to share his joie-de-vivre through

his cooking classes. In total, Bruno has lived in and traveled to over 35 countries. Now, he brings this experience of cultures and cooking to Northern Colorado. When you join him for this season's classes, be sure to ask about his new partnership with the Institute of Ecolonomics.

Barb Lance has been a Personal Chef since 1999, preparing everyday meals for hungry clients in their homes as well as providing dinner parties and catering services. She is a senior member of the United States Personal Chef Association. Her love of cooking has its roots in her mother's and grandmother's kitchens where she began learning from them at an early age. In her spare time, Barb loves to cook for relaxation with friends and family.

Susan Lindeborg was born in La Junta, and then raised in southern Colorado and northern New Mexico before moving to Fort Collins in the 1970s. Susan taught at The Cupboard, cooked at The Catacombs and Café Columbine, and was personal chef for Dr. and Mrs. Ralph Christofferson while he was president of CSU. In the 25 years since she left Fort Collins, she has worked as a baker and chef at leading restaurants in Madison Wisconsin, Greenwich Connecticut, and the Washington DC area. Susan didn't realize the food of her childhood was "Southern" until she began developing menus as chef at the historic Morrison Clark Inn in Washington. By the time she opened the Majestic Café in Old Town Alexandria, she was recognized as one of the leading southern chefs in the capital area. Under Susan's leadership, both restaurants were listed regularly among the 50 leading restaurants in the *Washington Post* annual dining guide, and the top 100 area restaurants in *Washingtonian* magazine. Susan has been featured as one of fourteen "Chefs across America" in *Gourmet* magazine. Her techniques for making *crème caramel* were the cover article in *Fine Cooking* magazine, and her technique for stuffing a country ham with greens and grits appeared in *Cook's Illustrated* magazine. Susan now lives, cooks and teaches in northern New Mexico.

Dianne Moeller is a foodie dedicated to the principle that truly fabulous food is pleasing to all the senses as well as healthy and nourishing to the body. Her love of food and cooking has led her from cooking for commercial backpacking trips in the US and Guatemala, to consulting with five-star resorts. Fascinated by nutrition, she became a registered dietitian and is dedicated to teaching about and cooking with whole, natural foods.

Gloria Picinini has a degree in Culinary Arts from Johnson and Wales University. Her passion for cooking comes from an early age, watching her grandma cook in the kitchen. Her diverse career includes working at Whole Foods and various restaurants, and also as a Culinary Demonstrator for Johnson and Wales. She is currently the Personal Chef for Denver Nuggets NBA star Nenê. She is Brazilian and loves sharing the simple, different and delicious food from Brazil in her classes.

Sharmila Rajopadhye, whose culinary experience spans three continents, moved to Fort Collins in 2001. She grew up in India, observing her mother and grandmother make special dishes for feasts and other important occasions. Her natural talent and flair for experimentation received a tremendous boost through her travels— Sharmila spent nine years in Utah and Oregon and another nine in France before moving to Colorado. Fluent in four languages, she also teaches Hindi, previously at the University of Oregon and at Colorado State University, and now for the City of Fort Collins (Recreator). Sharmila also paints on silk, a hobby that she picked up in France.

Mike Reeves, owner of the restaurant Fish, began his cooking career at Pelican Fish in Fort Collins at age fifteen. He attended the University of Colorado in Boulder, where he continued training with some of the best chefs in the region. His training included the tutelage of Irene Hessner, chef at The Oasis Restaurant and Brewery, Mike LePres, chef at Table Mountain Inn, and Jim Smailer, chef at The Boulder Cork. After graduating from CU, Mike moved to Canada and opened a small restaurant with his sister in Salmon Arm, BC. Fish, his restaurant just west of Oak Street Plaza in Fort Collins, seeks to raise the bar for freshness and standards of preparation.

Barbara Trujillo has been around Cuban cooking her entire life. Her family fled Fidel Castro's regime over forty years ago and settled within the second largest Cuban community in the United States. It was in this Little Havana, just outside Manhattan, where her love and fascination for Cuban cooking began. For over twenty years, she has learned alongside authentic Cuban cooks. Barbara is a returning instructor at The Cupboard. She has also provided personal instruction to many groups and individuals in the Fort Collins area. Barbara is overjoyed by the recent explosion of interest in Cuban food and thoroughly enjoys sharing this Spanish-Caribbean fare with friends and students alike. Barbara is a graduate of Rutgers Law School and lives in Fort Collins with her husband and four children.

Babette Wilson was born and raised in Paris. Her travel all over the world developed her taste for all types of food. She learned traditional French cuisine (sauces with wine and crème fraîche, and pastries) in Paris. Life in Provence exposed her to Mediterranean cuisine, with its emphasis on fresh fruits, vegetables and seafood. She moved to Colorado where she started “La Croissanterie” and then “Babette’s Feast.” She provided local restaurants and coffee houses with authentic French croissants and other baked goods. Each year Babette goes back to France for additional training. She is now catering and making her exquisite wedding cakes from a new location in the Helmshire Inn. Croissants and baked products are available by special order.